

# 10 Health Gains from 10 Pounds Lost



**Have you ever wondered about the benefits of weight loss, even as little as 10 pounds?  
Here is a "Top 10 " list of reasons to lose a few unwanted pounds of body fat.**

10. Lower risk of developing gallstones and having gallbladder disease -

The gallbladder makes bile, a substance that aids in the digestion of fats that you eat. Weight loss reduces your chance of developing stones in the gallbladder and subsequent pain and illness.

9. Lower risk of sleep apnea, a condition where an individual briefly stops breathing during sleep - Excessive fat makes it hard to breathe simply by restricting the lung's ability to expand fully during normal breathing. Eating large meals also contributes to breathing difficulty, if the stomach is too full in many obese people, by putting extra pressure on the diaphragm (a muscle that helps up breathe).

8. Lower risk of congestive heart failure - A person with too much fat, carries a heavy load, putting lots of stress on the heart and lungs. If the heart works extra hard for long periods of time, the heart muscle weakens and pumps less blood to the body making a person feel weak.

7. Reduced risk of some types of cancer, such as colon cancer, gallbladder cancer, prostate cancer for men, and endometrial cancer and breast cancer for women - A healthy weight and healthy diet with plenty of vegetables and fresh fruit are a great ways to reduce your risk of developing certain cancers.

6. Less stress to bones and joints, especially the knees - Folks with excessive body fat are more likely to develop arthritis in the knees, making walking or other weight-bearing activity painful resulting in limited activity.

5. Lower risk of heart disease - Studies have shown that being overweight and carrying a large amount of fat in the 'belly' area are related to heart disease risk factors, including higher levels of bad (LDL) cholesterol in the blood.

4. Reduced risk of developing diabetes or better control of blood sugar levels if you are already diabetic - Diabetics who do not need insulin shots show remarkable improvements in diabetes-related conditions with weight loss. Studies have shown that excessive amounts of fat in the abdomen or belly area may increase your risk for diabetes, even if you are mildly overweight. So work on losing that big belly no matter what your size!

3. Reduction in blood pressure - Being overweight may contribute to high blood pressure levels and increase your risk of heart disease and stroke. Research strongly supports the relationship between being too heavy and a higher than normal blood pressure. Even minimal weight loss can help to lower elevated blood pressure levels.

2. Improved ability to move and do activities - It is that simple. Fat loss reduces your body weight resulting in a smaller load to move with each step and breath. Try this simple exercise if you have any doubts:

Find a 10 lb bag of sugar or similar 10 lb item at home and pick it up. Carry it around for a while. I bet you notice how it makes you breathe harder and increases your heart rate. Now, put it down and sense the relief your body feels without the extra weight. . . . Imagine now, losing 10 pounds of body fat over the next few months. Your body will feel similar relief as a result of the weight loss.

1. The #1 reason to lose weight is. . . You will feel better about yourself! If you need to lose weight, set a goal to lose 10 pounds over several months time, and 'Go For It'!



You will be glad you did!

